

# wellness activity planner 2016

Provided by the American Institute for Preventive Medicine

For information about products and services that tie into the monthly health observances in this planner, [click here](#).



ACCREDITED  
Comprehensive Wellness

The American Institute for Preventive Medicine has developed this calendar/planner to help you plan your 2016 wellness events. The Institute is one of the first 5 companies to receive URAC Accreditation for Comprehensive Wellness.

Many health promotion and benefits professionals like to hold wellness activities based on national health observances. This can increase employee/member interest and participation. Please contact us to learn about products that can be used to reinforce national health observances. Some of them are listed at the bottom of each page.



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National health observances are listed each month along with previews of future events to help you plan.

Please feel free to forward the American Institute for Preventive Medicine Wellness Activity Planner to anyone who may find it beneficial.

# January 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
<i>National Folic Acid Awareness Week (January 3-9)</i>						
10	11	12	13	14	15	16
17	18	19	20	21	22	23
<i>Healthy Weight Week (January 18-22)</i>						
24	25	26	27	28	29	30
31	<i>National Drug &amp; Alcohol Facts Week<sup>SM</sup> (January 25-31)</i>					

### This Month's Events

- Cervical Health Awareness Month
- National Birth Defects Prevention Month
- National Blood Donor Month
- National Glaucoma Awareness Month
- Thyroid Awareness Month

### Events Next Month (February)

- AMD/Low Vision Awareness Month
- American Heart Month
- National Cancer Prevention Month
- National Children's Dental Health Month
- Teen Dating Violence Awareness Month
- Wise Health Consumer Month

### Events in 2 Months (March)

- American Red Cross Month
- National Colorectal Cancer Awareness Month
- National Endometriosis Awareness Month
- National Kidney Month
- National MS Education & Awareness Month
- National Nutrition Month
- National Problem Gambling Awareness Month
- Save Your Vision Month
- Workplace Eye Wellness Month

### AIPM Products of Interest for February

- [Wellness on a Shoestring<sup>TM</sup>](#)
- [Heart Health Permafold<sup>®</sup>](#)
- [Wise Health Consumer Tracker](#)
- [Student Self-Care Guide](#)
- [Cardiac CareKit<sup>®</sup>](#)
- [Preventing Cancer Permafold<sup>®</sup>](#)



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# february 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 <i>National Wear Red Day</i>	6
7 <i>Give Kids a Smile® Day</i>	8	9	10	11	12	13
<i>Congenital Heart Defect Awareness Week (February 7-14)</i>						
14 <i>National Donor Day</i>	15	16	17	18	19	20
21	22	23	24	25	26 <i>Rare Disease Day</i>	27
<i>National Eating Disorders Awareness Week (February 21-27)</i>						
28	29					

### This Month's Events

AMD/Low Vision Awareness Month  
 American Heart Month  
 National Cancer Prevention Month  
 National Children's Dental Health Month  
 Teen Dating Violence Awareness Month  
 Wise Health Consumer Month

### Events Next Month (March)

American Red Cross Month  
 National Colorectal Cancer Awareness Month  
 National Endometriosis Awareness Month  
 National Kidney Month  
 National MS Education & Awareness Month  
 National Nutrition Month  
 National Problem Gambling Awareness Month  
 Save Your Vision Month  
 Workplace Eye Wellness Month

### Events in 2 Months (April)

National Alcohol Awareness Month  
 National Autism Awareness Month  
 National Child Abuse Prevention Month  
 National Distracted Driving Awareness Month  
 National Minority Health Month  
 Sexual Assault Awareness and Prevention Month  
 Sports Eye Safety Awareness Month  
 STI Awareness Month  
 Stress Awareness Month

### AIPM Products of Interest for March

[Healthy Eating Permafold®](#)  
[Self-Care Guides](#)  
[ER Do's & Dont's/First Aid WiseGuide](#)  
[HealthyLife® Newsletter](#)  
[Eating & Exercise Tracker](#)



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# March 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
<i>National Sleep Awareness Week® (March 6-13)</i>						
13	14	15	16	17	18	19
<i>Patient Safety Awareness Week (March 13-19)</i>			<i>Kick Butts Day</i>			
<i>Brain Awareness Week (March 14-20)</i>						
20	21	22	23	24	25	26
<i>National Poison Prevention Week (March 20-26)</i>		<i>American Diabetes Alert Day</i>		<i>World Tuberculosis Day</i>		
27	28	29	30	31		

### This Month's Events

- American Red Cross Month
- National Colorectal Cancer Awareness Month
- National Endometriosis Awareness Month
- National Kidney Month
- National MS Education & Awareness Month
- National Nutrition Month
- National Problem Gambling Awareness Month
- Save Your Vision Month
- Workplace Eye Wellness Month

### Events Next Month (April)

- National Alcohol Awareness Month
- National Autism Awareness Month
- National Child Abuse Prevention Month
- National Distracted Driving Awareness Month
- National Minority Health Month
- Sexual Assault Awareness and Prevention Month
- Sports Eye Safety Awareness Month
- STI Awareness Month
- Stress Awareness Month

### Events in 2 Months (May)

- Arthritis Awareness Month
- Better Sleep Month
- Employee Health & Fitness Month
- Healthy Vision Month/UV Awareness Month
- Melanoma/Skin Cancer Detection & Prevention Month®
- National Asthma & Allergy Awareness Month
- National High Blood Pressure Education Month
- National Mental Health Month
- National Osteoporosis Awareness & Prevention Month
- National Physical Fitness & Sports Month
- National Stroke Awareness Month

### AIPM Products of Interest for April

- [Asthma Permafold®](#)
- [Arthritis Permafold®](#)
- [Wealthier by the Dozen Posters & QuickTakes](#)
- [Stress CareKit®](#)



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# april 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 <i>Employee Appreciation Day</i>	5	6	7 <i>World Health Day</i>	8	9
	<i>National Public Health Week (April 4-10)</i>			<i>National Alcohol Screening Day</i>		
	<i>National Youth Violence Prevention Week (April 4-8)</i>					
10	11	12	13	14	15	16
17	18	19	20	21	22	23
<i>National Infant Immunization Week (April 16-23)</i>			<i>Allergy Awareness Week (April 20-26)</i>			
			<i>Parkinson's Awareness Week (April 20-26)</i>			
24	25	26	27	28	29	30
<i>National Infertility Awareness Week (April 24-30)</i>						
	<i>Air Quality Awareness Week (April 25-29)</i>					

## This Month's Events

National Alcohol Awareness Month  
 National Autism Awareness Month  
 National Child Abuse Prevention Month  
 National Distracted Driving Awareness Month  
 National Minority Health Month  
 Sexual Assault Awareness and Prevention Month  
 Sports Eye Safety Awareness Month  
 STI Awareness Month  
 Stress Awareness Month

## Events Next Month (May)

Arthritis Awareness Month  
 Better Sleep Month  
 Employee Health & Fitness Month  
 Healthy Vision Month/UV Awareness Month  
 Melanoma/Skin Cancer Detection & Prevention Month®  
 National Asthma & Allergy Awareness Month  
 National High Blood Pressure Education Month  
 National Mental Health Month  
 National Osteoporosis Awareness & Prevention Month  
 National Physical Fitness & Sports Month  
 National Stroke Awareness Month

## Events in 2 Months (June)

Cataract Awareness Month  
 Fireworks Safety Month (June 1-July 4)  
 Men's Health Month  
 National Safety Month  
 National Scleroderma Awareness Month

## AIPM Products of Interest for May

[Fitness Permafold®](#)  
[Osteoporosis Permafold®](#)  
[WalkWell™ Tracker](#)  
[SleepWell® CD's](#)  
[Women's Self-Care Guide](#)



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# may 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>Brain Tumor Action Week (May 1-7)</i> <i>Children's Mental Health Awareness Week (May 1-7)</i> <i>National Physical Education &amp; Sports Week (May 1-7)</i> <i>North American Occupational Safety &amp; Health Week (May 1-7)</i>	2	3	4	5 <i>Hand Hygiene Day</i>	6	7
8 <i>National Nurses Week (May 6-12)</i> <i>Women's Health Week (May 8-14)</i>	9	10	11	12	13	14 <i>Mental Health Week (May 12-18)</i>
15	16 <i>Bike to Work Week (May 16-20)</i>	17	18 <i>Employee Health &amp; Fitness Day</i>	19	20 <i>Bike to Work Day</i>	21
22 <i>National Hurricane Preparedness Week (May 22-28)</i>	23	24	25 <i>National Senior Health &amp; Fitness Day</i>	26	27	28 <i>Kidney Health Week (May 25-31)</i>
29	30	31 <i>World No Tobacco Day</i>				

## This Month's Events

- Arthritis Awareness Month
- Better Sleep Month
- Employee Health & Fitness Month
- Healthy Vision Month/UV Awareness Month
- Melanoma/Skin Cancer Detection & Prevention Month®
- National Asthma & Allergy Awareness Month
- National High Blood Pressure Education Month
- National Mental Health Month
- National Osteoporosis Awareness & Prevention Month
- National Physical Fitness & Sports Month
- National Stroke Awareness Month

## Events Next Month (June)

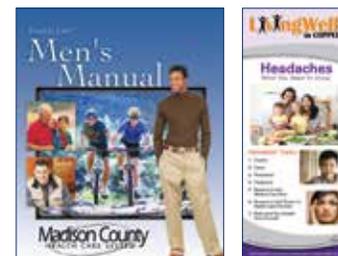
- Fireworks Safety Month (June 1-July 4)
- Cataract Awareness Month
- Men's Health Month
- National Safety Month
- National Scleroderma Awareness Month

## Events in 2 Months (July)

- Eye Injury Prevention Month
- Juvenile Arthritis Awareness Month
- National Park & Recreation Month

## AIPM Products of Interest for June

- [Health Screening Magnet](#)
- [Men's Permafold®](#)
- [Headaches Permafold®](#)
- [Men's Manual](#)
- [Wall Calendar](#)
- [101 Ways to Well-Being](#)
- [Safe at Home](#)



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# June 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			<i>National CPR &amp; AED Awareness Week (June 1-7)</i>			
5 <i>National Cancer Survivors Day</i>	6	7	8	9	10	11
12	13	14 <i>World Blood Donor Day</i>	15	16	17	18
	<i>Men's Health Week (June 13-19)</i>					
19 <i>World Sickle Cell Day</i>	20	21	22	23	24	25
<i>National Lightning Safety Awareness Week (June 19-25)</i>						
26	27 <i>National HIV Testing Day</i>	28	29	30		

### This Month's Events

Fireworks Safety Month (June 1-July 4)  
 Cataract Awareness Month  
 Men's Health Month  
 National Safety Month  
 National Scleroderma Awareness Month

### Events Next Month (July)

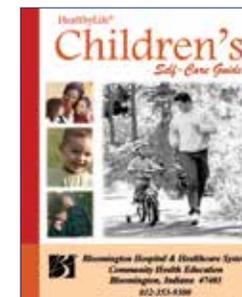
Eye Injury Prevention Month  
 Juvenile Arthritis Awareness Month  
 National Park & Recreation Month

### Events in 2 Months (August)

Cataract Awareness Month  
 National Breastfeeding Month  
 National Immunization Awareness Month  
 Psoriasis Awareness Month

### AIPM Products of Interest for July

[Children's Self Care Guide](#)  
[First Aid Magnet](#)  
[Arthritis Permafold®](#)  
[Emergency Room/First Aid WiseGuide](#)



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# july 2016



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					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28 <i>World Hepatitis Day</i>	29	30
31						

### This Month's Events

Eye Injury Prevention Month  
 Juvenile Arthritis Awareness Month  
 National Park & Recreation Month

### Events Next Month (August)

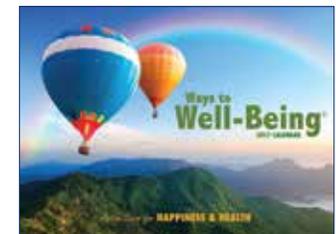
Cataract Awareness Month  
 National Breastfeeding Month  
 National Immunization Awareness Month  
 Psoriasis Awareness Month

### Events in 2 Months (September)

Fruit and Veggies – More Matters Month  
 Healthy Aging® Month  
 National Childhood Obesity Awareness Month  
 National Food Safety Education Month  
 National Preparedness Month  
 National Sickle Cell Month  
 National Traumatic Brain Injury Awareness Month  
 Ovarian Cancer Awareness Month  
 Pain Awareness Month  
 Prostate Cancer Awareness Month  
 Sports Eye Safety Month

### AIPM Products of Interest for August

- [Screening Magnet](#)
- [Medication Permafold®](#)
- [Travel CareKit®](#)
- [HealthTracker™](#)
- [Pocket Calendar](#)
- [Prenatal Self-Care Guide](#)



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# august 2016



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	1 <i>National Minority Donor Awareness Day</i>	2	3	4	5	6
	<i>World Breastfeeding Week (August 1-7)</i>					
7	8	9	10	11	12	13
<i>National Health Center Week (August 7-13)</i>						
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

### This Month's Events

Cataract Awareness Month  
 National Breastfeeding Month  
 National Immunization Awareness Month  
 Psoriasis Awareness Month

### Events Next Month (September)

Fruit and Veggies – More Matters Month  
 Healthy Aging® Month  
 National Childhood Obesity Awareness Month  
 National Food Safety Education Month  
 National Preparedness Month  
 National Sickle Cell Month  
 National Traumatic Brain Injury Awareness Month  
 Ovarian Cancer Awareness Month  
 Pain Awareness Month  
 Prostate Cancer Awareness Month  
 Sports Eye Safety Month

### Events in 2 Months (October)

Domestic Violence Awareness Month  
 Eye Injury Prevention Month  
 Home Eye Safety Month  
 National Breast Cancer Awareness Month  
 National Bullying Prevention Month  
 National Dental Hygiene Month  
 National Down Syndrome Awareness Month  
 National Physical Therapy Month  
 Sudden Infant Death Syndrome (SIDS) Awareness Month

### AIPM Products of Interest for September

[Childhood Obesity Permafold®](#)  
[Manage Your Pain Self-Care Guide](#)  
[Cold and Flu CareKit®](#)



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# september 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
			<i>National Childhood Injury Prevention Week (September 1-7)</i>			
4	5	6	7	8	9	10
	<i>National Suicide Prevention Week (September 5-11)</i>					<i>World Suicide Prevention Day</i>
11	12	13	14	15	16	17
		<i>National Celiac Disease Awareness Day</i>				
18	19	20	21	22	23	24
			<i>National School Backpack Awareness Day</i>	<i>Falls Prevention Awareness Day</i>		
<i>Reye's Syndrome Awareness Week (September 18-24)</i>						
25	26	27	28	29	30	
	<i>Family Health &amp; Fitness Day USA®</i>				<i>National Women's Health &amp; Fitness Day™</i>	

### This Month's Events

- Fruit and Veggies – More Matters Month
- Healthy Aging® Month
- National Childhood Obesity Awareness Month
- National Food Safety Education Month
- National Preparedness Month
- National Sickle Cell Month
- National Traumatic Brain Injury Awareness Month
- Ovarian Cancer Awareness Month
- Pain Awareness Month
- Prostate Cancer Awareness Month
- Sports Eye Safety Month

### Events Next Month (October)

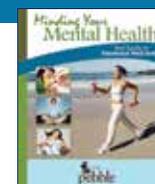
- Domestic Violence Awareness Month
- Eye Injury Prevention Month
- Home Eye Safety Month
- National Breast Cancer Awareness Month
- National Bullying Prevention Month
- National Dental Hygiene Month
- National Down Syndrome Awareness Month
- National Physical Therapy Month
- Sudden Infant Death Syndrome (SIDS) Awareness Month

### Events in 2 Months (November)

- American Diabetes Month
- COPD Awareness Month
- Lung Cancer Awareness Month
- National Alzheimer's Disease Awareness Month
- National Healthy Skin Month
- Pancreatic Cancer Awareness Month

### AIPM Products of Interest for October

- [Dental Health Permafold®](#)
- [Minding Your Mental Health Guide](#)
- [BSE & TSE Shower Cards](#)
- [101 Ways to Well-Being](#)



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# October 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 <i>Child Health Day</i>	4	5	6	7	8 <i>National Depression Screening Day</i>
<i>National Mental Illness Awareness Week (October 2-8)</i>						
9 <i>Fire Prevention Day</i>	10 <i>World Mental Health Day</i>	11	12	13 <i>Metastatic Breast Cancer Awareness Day</i>	14	15
<i>Bone and Joint Health National Awareness Week (October 12-20)</i>						
16	17	18	19	20	21	22
<i>National Health Education Week (October 16-22)</i>						
23	24	25	26	27	28	29
<i>Respiratory Care Week (October 23-29)</i>						
30	31	<i>Red Ribbon Week (October 23-31)</i>				

### This Month's Events

- Domestic Violence Awareness Month
- Eye Injury Prevention Month
- Home Eye Safety Month
- National Breast Cancer Awareness Month
- National Bullying Prevention Month
- National Dental Hygiene Month
- National Down Syndrome Awareness Month
- National Physical Therapy Month
- Sudden Infant Death Syndrome (SIDS) Awareness Month

### Events Next Month (November)

- American Diabetes Month
- COPD Awareness Month
- Lung Cancer Awareness Month
- National Alzheimer's Disease Awareness Month
- National Healthy Skin Month
- Pancreatic Cancer Awareness Month

### Events in 2 Months (December)

- National Drunk & Drugged Driving Prevention Month
- Safe Toys and Gifts Month

### AIPM Products of Interest for November

- [Diabetes Permafold®](#)
- [Travel CareKit®](#)
- [Making Medical Decisions Permafold®](#)
- [Smokeless® Tobacco Cessation](#)
- [COPD Permafold®](#)



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# november 2016



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		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17 <i>Great American Smokeout</i>	18	19 <i>International Survivors of Suicide Day</i>
20	21	22	23	24 <i>National Family Health History Day</i>	25	26
<i>Gastroesophageal Reflux Disease Awareness Week (November 20-26)</i>						
27	28	29	30			

### This Month's Events

American Diabetes Month  
 COPD Awareness Month  
 Lung Cancer Awareness Month  
 National Alzheimer's Disease Awareness Month  
 National Healthy Skin Month  
 Pancreatic Cancer Awareness Month

### Events Next Month (December)

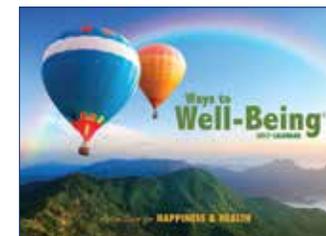
National Drunk & Drugged Driving Prevention Month  
 Safe Toys and Gifts Month

### Events in 2 Months (January)

Cervical Health Awareness Month  
 National Birth Defects Prevention Month  
 National Blood Donor Month  
 National Glaucoma Awareness Month  
 Thyroid Awareness Month

### AIPM Products of Interest for December

- [Wall Calendar](#)
- [Pocket Planner](#)
- [Relaxation CD](#)
- [Healthy Savings](#)
- [Alcohol & Drugs Permafold®](#)
- [Posters & QuickTakes™](#)



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# december 2016



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				1 <i>World AIDS Day</i>	2	3
4	5 <i>International Volunteer Day</i>	6	7	8	9	10 <i>Human Rights Day</i>
<i>National Handwashing Awareness Week (December 4-10)</i> <i>National Influenza Vaccination Week (December 4-10)</i>						
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

### This Month's Events

National Drunk & Drugged Driving Prevention Month  
Safe Toys and Gifts Month

### Events Next Month (January)

Cervical Health Awareness Month  
National Birth Defects Prevention Month  
National Blood Donor Month  
National Glaucoma Awareness Month  
Thyroid Awareness Month

### Events in 2 Months (February)

AMD/Low Vision Awareness Month  
American Heart Month  
National Cancer Prevention Month  
National Children's Dental Health Month  
Teen Dating Violence Awareness Month  
Wise Health Consumer Month

### AIPM Products of Interest for January

[Menus and Recipes Guide](#)  
[WalkWell Tracker™](#)  
[Weight Control Permafold®](#)  
[HealthyLife® Newsletter](#)  
[Be Well Playing Cards](#)



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